## AMENDMENTS TO THE SPECIFICATION

On page 3, line 109 to page 4, line 144, please replace paragraph 23 with the following amended paragraph:

[Para 23] [0018] Referring now to FIG. 2, a cross-sectional view of chamois 100 about line 2-2 is shown. As shown, chamois 100 resides between a garment, such as cycling short 200 and a wearer, such as cyclist body 202. Chamois 100 comprises a garment facing elastic cloth layer 204 situated proximate the short 200. A relatively high elasticity foam layer 206 is provided on cloth layer 204 and generally traverses the entire chamois 100 although elastic foam layer 206 does not need to be contiguous. Elastic foam layer 206 may be comprised of a number of elastic or stretchable foams such as, for example, high density closed cell foam, low density open cell foam, combinations thereof, or the like. A plurality of foam pads 208 are arranged on elastic foam layer 206. Foam pads 208 comprise a relatively low elastic foam or an inelastic foam, such as, for example, high density closed cell foam, low density open cell foam, combinations thereof, or the like. As used herein, relatively inelastic generally means less elasticity than the elastic materials, which includes inelastic materials. For example, the relatively elastic portions of the chamois may experience a stretch of about 5% with complete recovery using a 2-lb weight to stretch the material. A stretch of about 5% means about a 5% change in the dimension (lenght length, width, diagonal, etc.) being tested. Other relatively elastic portions may experience stretch of about 2% to 25% or more depending on the specific materials used for construction. The relatively inelastic portions typically have stretch values of less than 1 or 2% and as close to zero stretch as possible, but can have stretch values of up to about 5% less than the stretch of the relatively elastic portion. However, for relatively elastic portions of the chamois being around 20%, the relatively inelastic portion of the chamois should be around 5% or less. Also, foam pads 208 may comprises single density foams, such as, for example, 60 kg open cell foam that are generally known in the art, or the like, or multidensity foams, such as, for example, 60 kg open cell foam and 120 kg closed cell foam that are generally known in the art, or the like. If support areas 106 and 110 comprise a single area, only one foam pad 208 would be provided.

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On page 5, lines 164-172, please replace paragraph 26 with the following amended paragraph:

[Para 26] Support areas, such as, for example, buttocks support areas 106 and abdominal support areas [[108]] 110 are typically designed to provide support for the wearer's body. Ideally, the additional support is provided by a relatively high density foam pad 208, a relatively thicker foam pad 208, or a combination of a relatively denser foam pad and relatively thicker foam pad 208, although foam pad 208 could be the same density and thickness as foam layer 206.

Moreover, foam pads may contain multi-density foams as described above.